

# Woman Up - Ez

**COPPER KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Annemaree Sleeth (AUS) - July 2016

**Music:** Woman Up - Meghan Trainor : (Album: Thankyou - iTunes - 3.28)



Written as a split floor to : "Woman Up" By Rachael McEnaney White & Amy Christians Intermediate

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put" - No Tags No Restarts

**SECTION 1 [1- 8] PRISSY, PRISSY, HIPS BUMPS/ TRIPLES FWD, PRISSY, PRISSY, HIPS BUMPS / TRIPLES FWD**

- 1 - 2 Cross R Slightly Over L, Cross L Slightly Over R
- 3 & 4 Step on Ball of R Toe R Bounce R Hip fwd, Back L Hip, Step R Fwd
- 5 - 6 Cross L Slightly Over R, Cross R Slightly Over L
- 7 & 8 Step on Ball of L Toe R Bounce L Hip fwd, Back R Hip, Step L Fwd

**Other Option R Step Lock, R Triple , Step, Lock, Triple**

**For Latin feel Push into the Hips Or Triple use arms for more feel in whole dance**

**SECTION 2 [9 -16] ROCK FWD, RECOVER, ½ TRIPLE R, ¼ TRIPLE R SIDE, BACK, RECOVER, SIDE**

- 1 - 2 Rock R Fwd, Recover L ,
- 3 & 4 Turning ½ R Triple/Shuffle , R, L, R (6.00)
- 5 & 6 Turning ¼ R Side Triple/Shuffle L,R, L (9.00)
- 7 & 8 Rock R Back, Recover L, Step R Side

**SECTION 3 [17- 24] L CROSS, SIDE, DIAGONAL L COASTER, R CROSS ,SIDE, DIAGONAL R COASTER,**

- 1 - 2 Cross L Over R, Step R Side
- 3 & 4 Step L Back, Step R Together, Step L Forward (7.30 wall )
- 5 - 6 Cross R Over left , Step L Side
- 7 & 8 Step R Back, Step L Together, Step R Forward (10.30 wall)

**Option Can substitute Sailors For Coasters**

**SECTION 4 [25 – 32] L CROSS, BACK, BACK , CROSS, BACK, RECOVER, STEP L FWD, HITCH/SWEEP ¼ L**

- 1 - 2 Cross L Over R, Step R Back
- 3 - 4 Step L Back, Cross R Over L(WgtR)
- 5 - 6 Step L Back , Recover Fwd R (WgtL)
- 7 - 8 Step L Fwd, Pivot on L ¼ L Hitch R Over L ... Ready to Begin Prissys again

**Or Sweep R Around To The Front**

**DANCE FINISHES by Stepping R Over L at the Front**

**Contact Email:** [inlinedancing@gmail.com](mailto:inlinedancing@gmail.com) **Youtube Site** <https://www.youtube.com/user/frederina521>  
**(Annemaree Sleeth)**